PSHE scheme of work - from September 2025

Christian values underpinning learning:

Together we love and respect. We are creative, we are determined, we are confident, we are kind.

Intent

The purpose of our PSHE curriculum at St Blaise is:

- To support pupils' personal, social and emotional growth.
- To equip pupils with skills to navigate challenges as they develop.
- To ensure pupils have an understanding of how to remain physically and emotionally safe.
- To promote values related to becoming a responsible citizen in society.
- To promote our School Values and Fundamental British Values within the curriculum.
- To meet the requirements of the national curriculum, including Relationships Education, Health Education, and aspects of Citizenship.

Implementation

PSHE at St Blaise is implemented through through the following concepts:

### Curriculum Structure PSHE is taught with progression from Reception through to Year Six using the SCARF curriculum as the foundation, to ensure we are revisiting key themes with increasing depth and complexity.	### Thematic Units PSHE topics are integrated into other subjects such as Science and RE as well as everyday conversations in the classroom.	### Teaching Methods PSHE is taught through explicit teaching with the use of discussion, role-play, stories, circle time, and real-life scenarios to engage pupils.
### Resources and Support PSHE is taught using SCARF alongside bespoke school-developed materials and our wealth of PSHE picturebooks.	### Assessment SCARF provides a start of and end of unit assessment for each learning block. In addition to this, our PSHE monitors teaching and learning through pupil voice and reflection opportunities.	### Assemblies PSHE is embedded in our Class and Whole School Assemblies, with a connection to our School Values.

Impact

As a school, we hope by implementing SCARF as a foundation for our PSHE teaching and learning, we will obtain the following long-term outcomes:

- Pupils will have increased confidence, empathy, resilience, and understanding of key life skills.
- Behaviour and relationships will continue to reflect our positive school culture.
- Pupils will show a greater awareness of risks and know how to seek help when needed.
- Pupils will show a stronger sense of resilience due to the spaces held and themes explored in SCARF sessions.
- Pupils will have further opportunities to contribute positively to the St Blaise community, our wider local community as well as the global community.

Relationships and sex education

Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils, and relationships and sex education (RSE) is compulsory for all secondary school pupils.
Department for Education (2021)

Curriculum overview:

RECEPTION OAK CLASS	START OF UNIT ASSESSMENT							END OF UNIT ASSESSMENT
		Term 1A - Me and My Relationships						
		All about me	What makes me special	Me and my special people	Who can help me?	My feelings	My feelings (2)	
		Term 1B - Valuing Difference						
		I'm special, you're special	Same and different	Same and different families	Same and different homes	I am caring	I am a friend	
		Term 2A - Keeping Safe						
		What's safe to go onto my body	Keeping Myself Safe - What's safe to go into my body (including medicines)	Safe indoors and outdoors	Listening to my feelings	Keeping safe online	People who help to keep me safe	
		Term 2B - Rights and Respect						
		Looking after my special people	Looking after my friends	Being helpful at home and caring for our classroom	Caring for our world	Looking after money (1): recognising, spending, using	Looking after money (2): saving money and keeping it safe	
		Term 3A - Being my Best						
		Bouncing back when things go wrong	Yes, I can!	Healthy eating	My healthy mind	Move your body	A good night's sleep	

		Term 3B - Growing and Changing						
		Seasons	Life stages - plants, animals, humans	Life Stages: Human life stage - who will I be?	Where do babies come from?	Getting bigger	Me and my body - girls and boys	

YEAR ONE POPLAR CLASS	START OF UNIT ASSESSME	Term 1A - Me and My Relationships						END OF UNIT ASSESSMEN
		Why we have classroom rules	How are you listening?	Thinking about feelings	Our feelings	Feelings and bodies	Good friends	
		Term 1B - Valuing Difference						
		Same or different?	Unkind, tease or bully?	Harold's school rules	It's not fair!	Who are our special people?	Our special people balloons	
		Term 2A - Keeping Safe						
		Super sleep	Who can help? (1)	Good or bad touches?	Sharing pictures	What could Harold do?	Harold loses Geoffrey	
		Term 2B - Rights and Respect						
		Harold has a bad day	Around and about the school	Taking care of something	Harold's money	How should we look after our money?	Basic first aid	
		Term 3A - Being my Best						
		I can eat a rainbow	Eat well	Harold's wash and brush up	Catch it! Bin it! Kill it!	Harold learns to ride his bike	Pass on the praise!	Inside my wonderful body! (OPTIONAL)

	NT	Term 3B - Growing and Changing						T
		Healthy me	Then and now	Taking care of a baby	Who can help? (2)	Surprises and secrets	Keeping privates private	

YEAR TWO ASH CLASS	START OF UNIT ASSE	Term 1A - Me and My Relationships							END OF UNIT ASSES
		Our ideal classroom (1)	Our ideal classroom (2) (OPTIONAL)	How are you feeling today?	Let's all be happy!	Being a good friend	Types of bullying	Don't do that! Bullying or teasing? (OPTIONAL)	
		Term 1B - Valuing Difference							
		What makes us who we are?	My special people	How do we make others feel?	When someone is feeling left out	An act of kindness	Solve the problem		
		Term 2A - Keeping Safe							
		Harold's picnic	How safe would you feel?	What should Harold say?	I don't like that!	Fun or not?	Should I tell?		
		Term 2B - Rights and Respect							
		Getting on with others	When I feel like erupting	Feeling safe	Playing games	Harold saves for something special	Harold goes camping (OPTIONAL)	How can we look after our environment?	

S	S S M E N T							S M E N T
		Term 3A - Being my Best						
		You can do it!	My day	Harold's postcard - helping us to keep clean and healthy	Harold's bathroom	What does my body do?	My body needs... (OPTIONAL)	Basic first aid
		Term 3B - Growing and Changing						
		A helping hand	Sam moves away	Haven't you grown!	My body, your body	Respecting privacy	Some secrets should never be kept	

Y E A R T H R E E B E E	S T A R T O F U N I T A							E N D O F U N I T A S
		Term 1A - Me and My Relationships						
		As a rule	Looking after our special people	How can we solve this problem?	Tangram team challenge (OPTIONAL)	Friends are special	Thunks	Dan's dare My special pet (OPTIONAL)
		Term 1B - Valuing Difference						
		Respect and challenge	Family and friends	My community	Our friends and neighbours	Let's celebrate our differences	Zeb	
		Term 2A - Keeping Safe						
		Safe or unsafe?	Danger or risk?	The Risk robot	Super Searcher	Help or harm?	Alcohol and cigarettes: the facts	Raisin challenge (1) (OPTIONAL)
		Term 2B - Rights and Respect						

CH CLASS	SSESSMENT							SESSMENT
		Helping each other to stay safe	Recount task	Our helpful volunteers	Can Harold afford it?	Earning money	Harold's environment project	Let's have a tidy up! (OPTIONAL)	
		Term 3A - Being my Best							
		Derek cooks dinner! (healthy eating)	Poorly Harold	Body team work	For or against?	I am fantastic!	Top talents	Getting on with your nerves! (OPTIONAL)	
		Term 3B - Growing and Changing							
		Relationship tree	Body space	None of your business!	Secret or surprise?	My changing body	Basic first aid		

YEAR FOUR W	START OF UNIT							END OF UNIT A
		Term 1A - Me and My Relationships							
		BOU Assessment Human machines	Ok or not ok? (part 1)	Ok or not ok? (part 2)	An email from Harold!	Different feelings	When feelings change (OPTIONAL)	Under pressure	
		Term 1B - Valuing Difference							
		BOU Assessment Can you sort it?	What would I do?	The people we share our world with	That is such a stereotype!	Friend or acquaintance?	Islands		
		Term 2A - Keeping Safe							
		Danger, risk or hazard?	How dare you!	Keeping ourselves safe	Raisin challenge (2)	Picture wise	Medicines: check the label	Know the norms (OPTIONAL)	

I L L O W C L A S S	A S S E S S M E N T							Traffic lights (OPTIONAL)	S S E S S M E N T
		Term 2B - Rights and Respect							
		Who helps us stay healthy and safe?	It's your right	How do we make a difference?	In the news!	Safety in numbers	Harold's expenses (OPTIONAL)	Why pay taxes? Logo quiz (OPTIONAL)	
		Term 3A - Being my Best							
		What makes me ME!	Making choices	SCARF hotel	Harold's Seven Rs	My school community (1)	Basic first aid	Volunteering is cool (OPTIONAL)	
		Term 3B - Growing and Changing							
		Moving house	My feelings are all over the place!	change	Preparing for changes at puberty	Secret or surprise?	Together		

Year 2025/26

Y E A R F I V E	S T A R T O F	Term 1A - Me and My Relationships						E N D O F
		Collaboration Challenge!	Give and take	Communication (OPTIONAL)	How good a friend are you?	Relationship cake recipe	Our emotional needs	Being assertive
		Term 1B - Valuing Difference						
		Qualities of friendship	Kind conversations	Happy being me	The land of the Red People	Is it true?	Stop, start, stereotypes	It could happen to anyone (OPTIONAL)

/ SIX MAPLE CLASS	UNIT ASSESSMENT							UNIT ASSESSMENT
		Term 2A - Keeping Safe						
		Spot bullying	Play, like, share (1)	Decision dilemmas	Ella's diary dilemma	Vaping: healthy or unhealthy?	Would you risk it?	'Thunking' about habits (OPTIONAL) Drugs: true or false? (OPTIONAL) Smoking: what is normal? (OPTIONAL)
		Term 2B - Rights and Respect						
		What's the story?	Fact or opinion?	Mo makes a difference	Rights, respect and duties	Spending wisely	Lend us a fiver!	Local councils (OPTIONAL)
		Term 3A - Being my Best						
		It all adds up!	Different skills	My school community (2)	Independence and responsibility	Star qualities?	Basic first aid, including Sepsis Awareness	
		Term 3B - Growing and Changing						
		How are they feeling?	Taking notice of our feelings	Dear Ash	Growing up and changing bodies	Changing bodies and feelings	Help! I'm a teenager - get me out of here!	Dear Hetty (OPTIONAL)

Year 2026/27

Y	S	Term 1A - Me and My Relationships	

YEAR SIX MAPLE CLASS	START OF UNIT ASSESSMENT							END OF UNIT ASSESSMENT
		Working together	Let's negotiate (OPTIONAL)	Solve the friendship problem	Dan's day (OPTIONAL)	Assertiveness skills	Don't force me	Acting appropriately	
		Term 1B - Valuing Difference							
		OK to be different	We have more in common than not	Respecting differences	Tolerance and respect for others	Advertising friendships!	Boys will be boys? - challenging gender stereotypes		
		Term 2A - Keeping Safe							
		Think before you click!	It's a puzzle (OPTIONAL)	To share or not to share?	Rat Park	What sort of drug is...?	Drugs: it's the law!	Alcohol: what is normal? Joe's story (part 1) (OPTIONAL) Joe's story (part 2) (OPTIONAL)	
		Term 2B - Rights and Respect							
		Two sides to every story	Fakebook friends	What's it worth?	Happy shoppers - caring for the environment	Democracy in Britain 1 - Elections	Democracy in Britain 2 - How (most) laws are made	Community art (OPTIONAL)	
		Term 3A - Being my Best							
		This will be your life!	Our recommendations	What's the risk? (1)	What's the risk? (2)	Basic first aid, including Sepsis Awareness	Five Ways to Wellbeing project		
		Term 3B - Growing and Changing							
		I look great!	Media manipulation	Pressure online	Helpful or unhelpful? Managing change	Is this normal?	Making babies	What is HIV? (OPTIONAL)	